3-DAY DETOX

The 3-Day Detox plan provided is for informational purposes only and is not intended as a substitute for advice from a physician or other healthcare professional. The 3-Day Detox has not been officially evaluated by the Food and Drug Administration, nor have the results of the 3-Day Detox been established as medical fact. Consult a physician regarding the applicability of the 3-Day Detox with respect to your individual health. Your physician should be aware of all medical conditions that you may have as well as the medications and supplements you are taking. Womanista makes no warranties or representations regarding the results to be achieved from the 3-Day Detox, and results are likely to vary from participant to participant. Furthermore, Womanista, its owners, officers, and employees disclaim any and all liability resulting from injuries or damage caused by following the 3-Day Detox.

LET'S GET STARTED!

ABOUT:

The goal of a detox is to increase the efficiency of the digestive system and to stimulate the other parts of the body that are responsible for cleansing and elimination. Detoxing also helps to improve underlying health so you are less prone to infection. Detoxing sensibly and occasionally is invaluable at promoting and sustaining good health.

If you are experiencing any of the following symptoms, following a short detox could be incredibly beneficial to your overall health:

- Constipation and bloating
- Lack of energy
- Persistent headaches, muscle aches and/or muscle fatigue
- Weight loss plateau
- Skin abnormalities such as acne, rosacea or eczema
- Dull, dry, blotchy or spotty skin
- Psoriasis
- Insomnia

THE PLAN:

The plan for our 3-Day Detox is very simple (see attached). Following it as closely as possible will yield the best results. There are 6 steps that you will repeat for 3 days in a row. Make sure you don't go more than 4 hours between each step.

If you happen to go off track, don't consider the rest of the day a waste. Just get back on track as soon as you can.

Be sure to drink as much water as possible - even more than you normally do. Your body will need that water to flush out and cleanse your body as best as possible.

EXERCISE + FITNESS:

Exercise helps your body eliminate toxins and can improve your detox results. We suggest engaging in light to moderate exercise during your 3-Day Detox. If you don't have much energy, just taking a short walk outdoors can help you feel rejuvenated. Yoga is a great form of exercise for women during these 3 days. Listen to your body and do what you are comfortable with.

WHAT YOU NEED:

You will only make one trip to the grocery for the detox, so use the attached grocery list to ensure you have all the correct foods on hand. In addition to the foods, here are a few other key items you should have:

- Blender
- Daily Multivitamin
- Omega 3 Supplement
- Probiotic Supplement

WHAT TO DRINK:

During your 3-Day Detox, you can have plain water, water with lemon, and/or 2 cups of black coffee per day.

WHAT TO DO AFTER THE 3-DAY DETOX:

Join thousands of women who have lost weight and inches on Skinny Mom's 21-Day Shred. Everything is planned for you - comprehensive daily food plans, 21 days of fitness videos, and access to a private online community for support and encouragement along the way! Visit: https://www.skinnymom.com/store/.

GROCERY LIST

- [ ] 5 lemons
- [ ] 1 fresh ginger root
- [ ] 3 bananas
- [ ] 2 cucumbers
- [ ] 2 containers fresh raspberries
- [ ] 1 whole pineapple
- [ ] 60 ounces (7½ cups) coconut water
- [ ] 1 box/bag fresh spinach (need 1½ cups)
- [ ] 1 package flaxseed
- [ ] 6 celery stalks
- [ ] 1 large bunch kale leaves (need 15 large leaves)
- [ ] 2 bunches fresh parsley
- [ ] 2-3 whole mangos
- [ ] 6 apples
- [ ] 2 limes
- [ ] 1 bottle coconut oil
- [ ] Unsweetened almond milk (need 1½ cups)
- [ ] Stevia
- [ ] *organic honey (*optional for tea)

SNACK OPTIONS

- [ ] Raw almonds
- [ ] Raw asparagus
- [ ] Avocados
- [ ] Baby carrots

3-DAY GUIDE

WOMANISTA

DAY 1

STEP 1: DRINK
MORNING DETOX LEMON DRINK

STEP 2: DRINK+ ½ MULTIVITAMIN + PROBIOTIC SUPPLEMENT
FRUIT DETOX DRINK

STEP 3: DRINK + ½ MULTIVITAMIN + OMEGA 3 SUPPLEMENT
GREEN DETOX JUICE

***STEP 4:** SNACK
SEE BELOW

STEP 5: DRINK
MEAN GREEN DETOX DRINK

STEP 6: DRINK
CHAMOMILE HOT TEA

DAY 2

STEP 1: DRINK
MORNING DETOX LEMON DRINK

STEP 2: DRINK+ ½ MULTIVITAMIN + PROBIOTIC SUPPLEMENT
FRUIT DETOX DRINK

STEP 3: DRINK + ½ MULTIVITAMIN + OMEGA 3 SUPPLEMENT
GREEN DETOX JUICE

***STEP 4:** SNACK
SEE BELOW

STEP 5: DRINK
MEAN GREEN DETOX DRINK

STEP 6: DRINK
CHAMOMILE HOT TEA

DAY 3

STEP 1: DRINK
MORNING DETOX LEMON DRINK

STEP 2: DRINK+ ½ MULTIVITAMIN + PROBIOTIC SUPPLEMENT
FRUIT DETOX DRINK

STEP 3: DRINK + ½ MULTIVITAMIN + OMEGA 3 SUPPLEMENT
GREEN DETOX JUICE

***STEP 4:** SNACK
SEE BELOW

STEP 5: DRINK
MEAN GREEN DETOX DRINK

STEP 6: DRINK
CHAMOMILE HOT TEA

MORNING DETOX LEMON DRINK

1 12-ounce glass water, at room temperature
juice of ½ lemon
⅛ tsp fresh ginger
½ tsp Stevia

Add lemon juice to the glass of water. Finely grate the ginger by using a zester and add to the glass of water. Sweeten with Stevia – no more than ½ tsp.

FRUIT DETOX DRINK

1 banana peeled and cut into 1" pieces
1 cup raspberries
½ cup pineapple, chunks
1 cup coconut water
¼ tsp fresh ginger
¼ cup fresh spinach
1 Tbsp flaxseed

Chop up ingredients, remove non-edible seeds and add to blender. Blend until smooth. If the drink is too thick, slowly add coconut water until desired consistency.

GREEN DETOX JUICE

2 celery stalks, chopped
2 large kale leaves
¼ cup fresh spinach
1 apple, chopped
juice of ½ lime
1 Tbsp coconut oil
½ cup unsweetened almond milk

Chop up ingredients, remove non-edible seeds and add to blender. Blend until smooth. If the drink is too thick, slowly add an additional ¼ cup of almond milk.

MEAN GREEN DETOX DRINK

3 large kale leaves
½ small cucumber, chopped
½ cup parsley
1 ½ cups coconut water
1 Tbsp flaxseed
¼ tsp fresh ginger
1 cup mango, peel + cubed
1 apple, chopped
juice of 1 lemon

Chop up ingredients, remove non-edible seeds and add to blender. Blend until smooth. If the drink is too thick, slowly add coconut water until desired consistency.

CHAMOMILE HOT TEA

Preferably an organic brand. Chamomile is a flowering plant in the daisy family that is native to Europe and Asia. The flower is a mild relaxant that supports balanced mood; hence a cup of tea made with chamomile is a time-honored herb used to promote sleep.

Bring 8 oz of water to a boil. Steep tea for approximately 5 minutes. Sweeten with a tsp of organic honey and/or slice of lemon. (Make sure to check the instructions on the specific tea you are using. Some instructions may vary.)

*SNACK: Choose one of the following options: 12-15 raw almonds, 5-8 spears raw asparagus, ½ avocado, or 9 baby carrots.
DIRECTIONS: Try not to eat your snack too quickly. Make sure you are chewing each bite completely.